

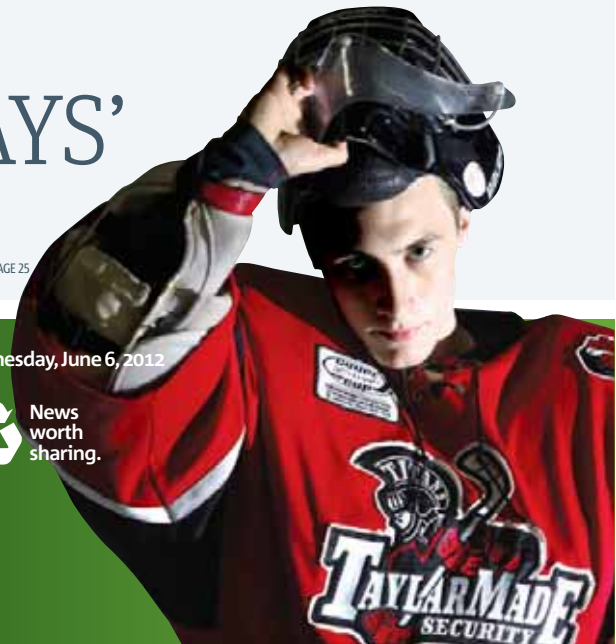


2-step skillet chicken

Sear your bird on the stove and then finish it off in the oven PAGE 18

'COUNTING DOWN THE DAYS'

HALIFAX NATIVE MCDONALD HAILED AS TOP GOALIE GOING INTO QMJHL DRAFT PAGE 25



HALIFAX

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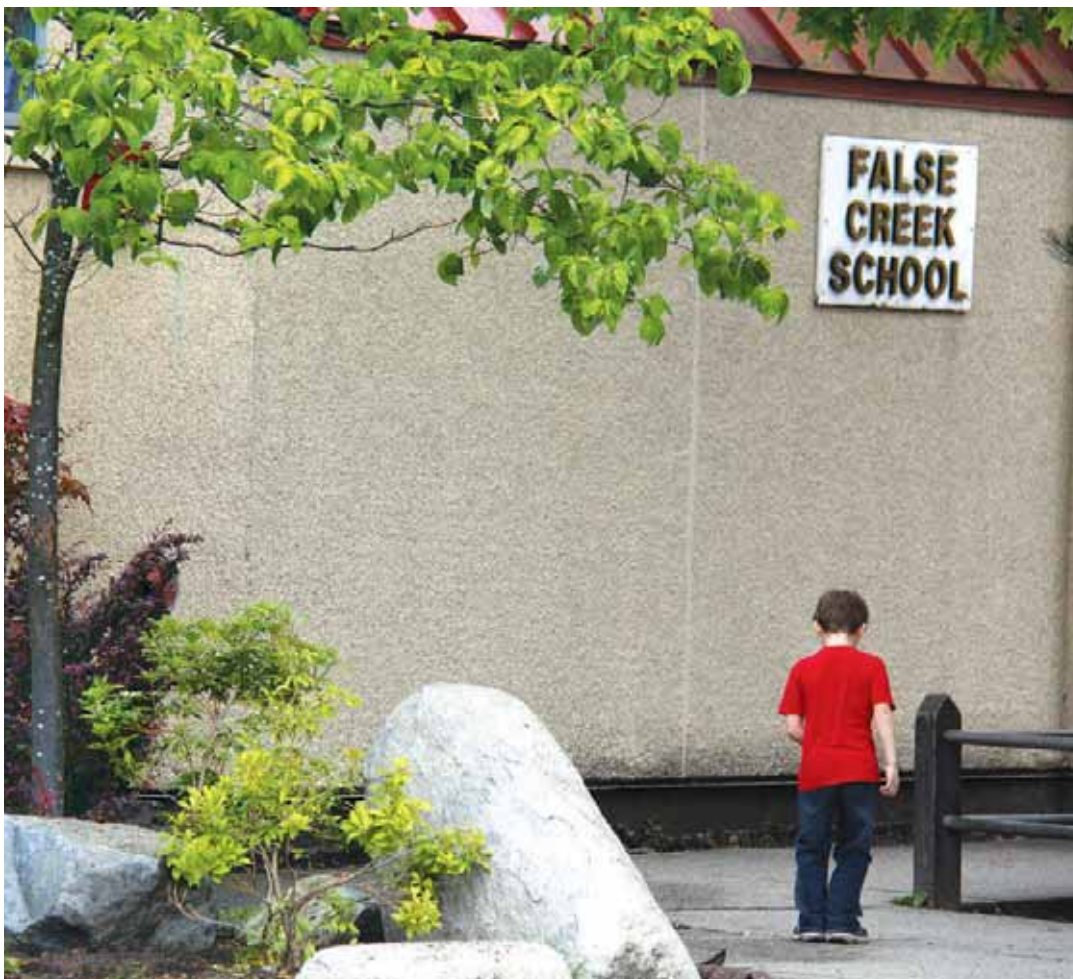
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Wednesday, June 6, 2012



News worth sharing.

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A student walks inside Vancouver's False Creek Elementary School, where police say a staff member opened a package containing what appeared to be a human hand Tuesday afternoon. PHYLCIA TORREVILLAS/METRO IN VANCOUVER

Body parts sent to B.C. schools

Vancouver. Police official cautions against linking incidents to Magnotta case this early in the investigation



MATT KIELTYKA
Metro in Vancouver

Police in Vancouver are working with Montreal investigators after human body parts were sent to two B.C. schools Tuesday.

Vancouver Police Department Deputy Chief Warren Lemcke confirmed the gruesome finds, but warned it was too early to speculate whether the incidents are related to the bizarre mutilation case involving the now-notorious Luka Rocco Magnotta.

Police also did not say whether it could be a copy-cat crime.

"Vancouver police are investigating two disturbing cases in which human

remains were discovered in two separate packages mailed to local area schools," said Lemcke.

The first package contained a human hand and was opened by staff at False Creek Elementary School around 1 p.m. local time.

A foot was discovered inside a package about an hour later at St. George's private school, also in Vancouver.

"The remains will be examined by the coroner and there is no indication about the identity at this stage of the investigation," said Lemcke.

Investigators' first course of action is to identify the victim and find out where the packages were mailed from.

Magnotta was the subject of an international hunt this week after he allegedly killed a man in Montreal and mailed his body parts to political offices in Ottawa.

He was arrested in Berlin on Monday.

MAGNOTTA WON'T FIGHT EXTRADITION, PAGE 8



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'Protected' ridings

Commission violated mandate, premier says

Nova Scotia's premier says an independent commission has violated its mandate by recommending the provincial government retain four so-called protected ridings for francophone and black minority groups.

Darrell Dexter says the Electoral Boundaries Commission should have obeyed its terms of reference that require constituencies be within 25 per cent of the average number of electors — a criteria none of the minority group ridings meet.

THE CANADIAN PRESS

David Keddy

RCMP continue to investigate 1987 murder

RCMP say they continue to investigate the 1987 homicide of a Nova Scotia man but concede they've come up with few leads in the 25 years since his death.

In a statement, RCMP say they urge anyone with information into the death of David Keddy to come forward. Keddy was last seen June 3, 1987.

THE CANADIAN PRESS

Stats Can

Building permits up in 2012

Building permits inched up by one per cent in the first four months of 2012 versus the first four months of 2011, according to data released by Statistics Canada Tuesday.

Over the first four months of 2012, residential building permits dropped 5.1 per cent over 2011. That decline was offset by a sharp increase in non-residential permits, which increased 13 per cent over the same period. ALEX BOUTILIER/METRO



From left, New Brunswick Premier David Alward, N.L. Premier Kathy Dunderdale, Nova Scotia Premier Darrell Dexter and P.E.I. Premier Robert Ghiz chat during a photo op at the start of the Council of Atlantic Premiers in St. John's in 2011. THE CANADIAN PRESS FILE

Dexter fears death by a thousand cuts

Atlantic Canada.

Premier says EI reform and cuts to regional-development services worrisome, questions whether province gets enough services for the taxes it pays



ALEX BOUTILIER
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Premier Darrell Dexter says the question of whether Atlantic Canada receives an adequate level of services for a comparable level of taxation is a real one.

Dexter was referring to recent decisions by the federal Conservatives: to reform

Quoted

"Of course, it's not a big stretch to think that they are dealing with the health transfers and the social transfers, that at some point in time they'll look to deal also with the question of equalization."

Premier Darrell Dexter

employment insurance and to pull funding for regional-development agencies and community-access Internet sites.

The Nova Scotian premier said that while none of those decisions are of the magnitude of, for instance, health-transfer funding, he fears the region may be facing a death by a thousand cuts.

"Each one of (the decisions) seeks to transfer that burden onto the taxpayers of Nova Scotia," Dexter

said Tuesday.

"We have a right to expect that the fiscal arrangements between Canada and the region will of course live up to the ... mandate set out in the Canadian Constitution, which says that we have to be able to have reasonably comparable services as reasonably comparable levels of taxation."

That larger discussion is happening in the context of scaling back health and social transfers from Ottawa.

Dexter said it is "not a

big stretch" to think the federal government will at some point deal with questions around equalization.

Dexter was speaking on his way to a two-day conference with his colleagues from New Brunswick, Prince Edward Island and Newfoundland and Labrador.

While he said recently announced reforms to the EI system will be at the fore as part of a larger discussion about the relationship between the provinces and the federal government.

The Council of Atlantic Premiers is also expected to work toward a regional labour-force initiative to identify the number of skilled-trade workers operating in the region.

For more local news visit
metronews.ca/halifax



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NEWS

On the web

Betty White gets waxed

The last remaining Golden Girl, Betty White, is now immortalized in the Madame Tussauds wax museum. Watch the 90-year-old unveil her statue at metronews.ca.

Mobile news



An Oregon jury has awarded \$900,000 to a 49-year-old woman who claimed a 69-year-old Portland man intentionally gave her a sexually transmitted disease after they met on an online dating website. Scan the code to read more.



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National Defence. Forces' priorities need to be re-evaluated: Gardam

The commander of Maritime Forces Atlantic says the Canadian Forces will have to get their priorities in order while the federal government re-thinks its multibillion-dollar defence strategy.

Rear Admiral David C. Gardam, speaking at the opening of 2012 Maritime Security Conference, said the federal Conservatives' decision to rethink the Canada First Defence Strategy will require the Canadian Forces to examine their priorities.

"Is there enough money to do everything we want? We're going to have to look at our appetite, to take a bit of an appetite suppressant, and re-evaluate exactly what are those priorities to ensure we maintain the best level of defence we can with the money that is being provided by the taxpayers of Canada," Gardam told reporters on Tuesday.

"Canadians expect, and rightfully so, that we will spend wisely on the right priorities."

According to the Canadian Press, Ottawa is redrafting its 20-year, multibillion-dollar

Quoted

"Canadians expect, and rightfully so, that we will spend wisely on the right priorities."

Rear Admiral David C. Gardam, speaking at the opening of 2012 Maritime Security Conference

Talbot House

Officials call for better oversight at addiction-recovery facility

Officials with the Community Services Department say the recent closure of a Cape Breton addiction-recovery centre

National Defence budget

\$30B

Annual budget for the Department of National Defence in 2027-2028, as projected by the Canada First Defence Strategy.

military shopping list in the face of sustained criticism over the ballooning cost of the F-35-stealth-fighter project. The strategy was also drafted in 2008, when federal coffers were significantly more flush.

"We have to do this reset, and it would have happened regardless of the recession, regardless of the fiscal realities," Defence Minister Peter MacKay told the Canadian Press.

The strategy pledged to commit \$490 billion to the Canadian Forces between 2008-2009 and 2027-2028.

But Gardam said any cuts to the proposed spending will not change the overarching priorities of the Royal Canadian Navy.

"Our priorities are Canada first — Canada and North America — and then we look to NATO and our partners and other threats and possibilities," said Gardam.

"Canadians would not accept that we spend money, for example, in Indochina without looking after the Arctic first. So our priorities are, as the strategy says, the Canada First Defence Strategy."

ALEX BOUTILLIER/METRO

has highlighted the need for better oversight of Nova Scotia's recovery facilities.

Talbot House closed its doors in March in the middle of an organizational review by the department, launched following a complaint from a former resident over how the centre was run.

THE CANADIAN PRESS



Urn-ing a spot in the Public Gardens

Glenn Wilson works on a living urn inside the Sackville Street greenhouses on Tuesday afternoon. Wilson is using begonias, alternantheras and hens and chicks for the urn, which will be placed in the Public Gardens. RYAN TAPLIN/METRO

NATO allies not 'shaken' by spy case: U.S. admiral

Information sharing. Jeffrey Paul Delisle scheduled to appear in a Halifax courtroom next Wednesday



ALEX BOUTILLIER
alex.boutillier@metronews.ca

The case of a navy sub lieutenant accused of passing secrets to a foreign entity has not "shaken" NATO allies' trust in Canada, according to a U.S. admiral.

Vice Admiral David H. Buss said the case of Sub-Lt. Jeffrey Paul Delisle has not diverted NATO's members from the course of increased informa-

tion sharing.

"The continued building of trust and transparency among member nations is an absolute strategic imperative," Buss said Tuesday. "If you look at the history of any of our nations, we have some blips in our past where perhaps information has been shared in a way that we did not design, but ... the strategic imperative remains."

Buss's comments came at the outset of the 2012 Maritime Security Conference. The conference's keynote address Tuesday morning focused on developing a network of trust and transparency among NATO allies.

Delisle, 41, has been charged with communicating information to a foreign entity that could harm Canada's

Quoted

"It is about trust between nations that will allow us to freely exchange that information."

Rear Admiral David C. Gardam, commander of Canada's Maritime Forces Atlantic

national interests. Delisle was stationed at CFB Stadacona's Trinity operation as an intelligence officer when the alleged offences took place between July 2007 and January 2012.

Delisle is scheduled to appear in a Halifax courtroom on June 13. It is believed to be the first case prosecuted under the Security of Information Act, legislation that passed in the wake of terrorist attacks on New York City in September of 2001.

Rear Admiral David C.

Gardam, the commander of Canada's Maritime Forces Atlantic, echoed his American colleague's comments.

"Things happen," Gardam told reporters on Tuesday. "That was a very, very regrettable incident and one that causes all organizations to look inward to say, 'Do we have it right?' Out of this, a couple of things will transpire. One is our processes have and will continue to be reviewed to ensure that these type of events don't happen again."

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New 'superberry' gaining popularity in Nova Scotia

Have a haskap berry.

Farmers, gardeners, food industry flock to fruit that could be the next big thing in province's agriculture

SPENCER BUELL
halifax@metronews.ca

At home and abroad, Nova Scotia is traditionally known for its blueberry crops. But with the recent arrival of what some are calling a new "superberry," that may change.

The haskap — an oblong bluish fruit, popular in Japan, that tastes something like a cross between a blueberry, a blackberry and a raspberry — happens to grow well in the province due to our cold winter and rainy spring weather. The plant bears fruit much earlier

than most other plants, it's easy to farm with existing equipment, and the berries are rich in antioxidants, calcium and vitamin C.

It's being researched and distributed from the University of Saskatchewan, and, some say, it could very well be the next big thing in Nova Scotian agriculture. The haskap berry "certainly has a lot of positive prospects as an up-and-comer,"

Quoted

"The Japanese have a huge industry based around the haskap berry that I believe we can replicate here. We're hoping to make Nova Scotia the haskap capital of Canada."

Liam Tayler, LaHave Natural Farms

said Minister of Agriculture John MacDonell.

In the seven months since it began offering them, Bridgewater-based LaHave Natural Farms, the largest haskap purveyor of its kind in Atlantic Canada, has taken orders for 55,000 plants from 98 different large and small farms, hobbyists and gardening clubs in Nova Scotia and the U.K., and is currently working on haskap juices, jams, wines, liqueurs and even antioxidant face scrubs.

Some Sobeys and Atlantic Superstore locations began carrying gallon pots of the plant this year, which cost around \$20 each for male and female plants at both stores.

And six weeks ago, Dee Dee's Ice Cream in Halifax's north end started offering a homemade haskap sorbet made from locally grown berries. The purplish ice cream isn't available all the time, but owner Ditta Kasdan said it's



Jessie Wright holds up a haskap-berry cone at Dee-Dee's Ice Cream in Halifax on Tuesday morning. RYAN TAPLIN/METRO

"becoming one of our standard flavours."

According to MacDonell, though, those accustomed to the standard blueberry need not worry about it being overtaken by the haskap, as he thinks the budding industry "can only be complementary" to the province's blueberry trade, which currently turns out roughly 30 million pounds of fruit per year.

Haskap sorbet

- Dee Dee's Ice Cream's sorbet recipe includes locally grown haskaps, milk, cream, egg yolk and organic sugar.

colour, its unique tartness and its local provenance.

- Owner Ditta Kasdan said customers are intrigued by the treat's deep purple

- "It's been really successful," she said — a close tie in popularity with a standard variety of berry ice cream her shop offers.



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“For years, I suffered from unbearable stiffness and swelling in my hands”

“How I BEAT The Pain That Almost Ended My Career!”

By Jaudon Sunde
Medical Cosmetic Technician

For nine long years, I lived in sheer agony. I suffered from inflammation and horrible stiffness in my hands. Unless you’ve experienced it for yourself, you can’t imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the “Best Permanent Cosmetic Technician” in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked. The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

I was faced with a dreadful choice: Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn’t afford to do either. I had to find a better way to get real relief.

Then one day at dinner a friend of mine told me that inflammation is worse than I thought. “It’s called the ‘secret killer,’ and for good reason,” he said. “Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

“The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S.—has tremendous power. It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

“It turns out that the fruit of this plant is loaded with a special concentration of something called a ‘bioflavonoid.’ It’s a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it’s **proven to reduce inflammation and detoxify your body naturally.**”

He then spoke the words that would change my life. “I think all you need to do is try a fruit drink.” I was shocked! How is an ordinary fruit drink going to end my misery? “Well, it’s not an ordinary fruit drink. It’s called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you’ll be amazed how great you’re going to feel.”

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

In just 5-6 days, an amazing thing happened. I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was overjoyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!



Jaudon Sunde, Micropigmentation Specialist, says that “Nopalea has been a life-saver in every sense of the word.”*

I also found out that the betalains in **Nopalea** aid my body in healing by surrounding unhealthy cells and draining them of toxic waste.

But don’t believe me. You must try this drink for yourself. If you’re suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you’ll agree that it’s the best thing that’s happened to you in a long, long time.

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Body-parts suspect back this week?

Arrested in Berlin.

Luka Rocco Magnotta told a judge in Germany he won't fight extradition to Canada, police say

Alleged killer Luka Rocco Magnotta told a judge in Berlin Tuesday he will not fight his extradition from Germany to Canada.

Magnotta is wanted in Canada on several charges — including first-degree murder — in connection with the gruesome Montreal killing and dismemberment of Chinese national Jun Lin.

Police in Montreal, meanwhile, are still looking for several of Lin's body parts.

In Berlin, police spokesperson Stefan Redlich said Magnotta met with a German judge at police headquarters, where he was held in a 1.5-metre-by-five-metre cell overnight.

Magnotta "did not say anything about the case itself, but (when) asked about whether he would object to go back to Canada, he said no, he wouldn't," Redlich said in a phone interview.

Magnotta will have to go



Montreal police officer Denis Mainville discusses Magnotta's arrest with reporters. GRAHAM HUGHES/THE CANADIAN PRESS

before a German court for an extradition hearing once Canada formally requests he return for trial.

That means Magnotta could be back in Canada as early as this week, according to authorities.

"This may speed up the (extradition) process, but on the other hand, he may

change his opinion any day," Redlich said.

"So we will see."

Magnotta was arrested Monday at a Berlin Internet café following an international manhunt.

He fled Montreal for Europe after Lin's death sometime overnight between May 24 and May 25.

The 33-year-old Lin's torso was found last week stuffed in a suitcase in an alley behind the west-end Montreal apartment building where Magnotta lived.

A hand and a foot were mailed in separate parcels to the offices of political parties in Ottawa.

THE CANADIAN PRESS



This picture of Luka Rocco Magnotta was taken from his Facebook page. METRO

Magnotta's photo makes Labatt feel Blue ... for a while

Labatt beer officials gulped when they saw the photo.

It showed alleged body-parts murderer Luka Rocco Magnotta holding a Labatt Blue beer bottle.

It was posted on the website of the Montreal newspaper The Gazette on Sunday.

But in a flurry of developments in less than 24 hours, Labatt threatened to sue The Gazette, was the subject of mockery in the online community, and then opted to drop the legal action.

"Once the Gazette explained their position, we promptly thanked them for their response, dropped the

matter and we will not be following up further," said Labatt VP of corporate affairs Charlie Angelakos.

Gazette lawyer Mark Bantey said the daily has no intention of replacing or removing the Magnotta photo.

It was retrieved from Facebook and holds a "news-worthy" component, he said.

Meanwhile, the meme "#newlabattcampaign" took on a life of its own on Twitter.

Hundreds of posts appeared, most mocking Labatt's position by creating morbid corporate slogan suggestions.

JOHN MATISZ/METRO IN LONDON, ONT.

Feds spent your \$47,000 ... on an F-35 news op



Flashback: Peter MacKay checks out the cockpit of the F-35 stealth fighter. ADRIAN WYLD/THE CANADIAN PRESS

A news conference to announce a plan to buy 65 stealth fighters was a real high-flyer, it was revealed Tuesday.

It cost taxpayers more than \$47,000.

The figure was revealed by Defence Minister Peter MacKay in a written response.

Liberal defence critic John McKay wanted details about the 2010 event, which saw MacKay pose with an F-35 mock-up.

Jay Paxton, a spokesperson for MacKay, says almost half of the \$47,313 spent by Na-

tional Defence went to an audio-visual company that helped stage the event.

He says the expense was necessary because the news conference involved a number of national media outlets, as well as more than 100 invited guests.

The Liberals' McKay responded: "I think in the military they call it the hero shot. This was 47 grand for the minister to park his posterior in the airplane and smile for cameras."

MacKay is out of the country and it was left to Associate

Defence Minister Julian Fantino to defend the photo-op in the House of Commons.

"The announcement to replace Canada's aging fleet of CF-18s was considered significant and necessary to ensure public, media and industry awareness," he said.

"The cost of this announcement has been reported in many ways, including previous responses to written questions."

Photos showing MacKay sitting in the cockpit of the plane have been resurrected often. THE CANADIAN PRESS

Why the expense?

- The news from the July 16, 2010, event was only that the government intended to pursue a deal to purchase the advanced fighter-bomber, not that a contract had been reached.
- The Liberal critic wondered how such news could justify the expense.

Stabbed his kids

Limited freedom in sight for killer

A former Quebec doctor who stabbed his two children 46 times but was found not criminally responsible must remain at a psychiatric hospital.

But Guy Turcotte will gradually be allowed more freedom.

Five experts ruled Tuesday that Turcotte must stay detained for at least six more months, but will be allowed some escorted outings.

After five months, he will be allowed to leave unescorted up to 16 hours a day and can stay overnight with family members.

The mental-health panel concluded that "the accused remains very fragile."

THE CANADIAN PRESS

Suspects held

Stolen tractor landed in it

Thieves used a crappy hiding spot to stash a stolen tractor: a giant pile of manure 4.5 metres deep.

The RCMP in Fisher Branch, Man., 150 kilometres northwest of Winnipeg, have two suspects in custody. METRO

Smart fur

It feels just like man's best friend

Petting an animal can decrease stress. Now Anna Flagg, a University of B.C. graduate student, has developed a "smart fur" to let people allergic to animals or hospital patients get the same benefits of having a live pet. METRO

Non-stop debate

Tories in danger, NDP warns

Opposition parties are planning to force several days of non-stop Commons votes on amendments to the Harper government's massive omnibus bill.

New Democrats are warning the government could be defeated if Con-

servative MPs fall asleep at the switch at any point during the marathon session.

The government has put itself in peril by cramming controversial changes to some 70 different laws into the 400-plus-page budget bill, NDP House leader Nathan Cullen warned.

Cullen said: "They can't have members falling asleep, going home ... missing votes." THE CANADIAN PRESS



Egypt's ruling military applies pressure as Tahrir crowds swell

An Egyptian woman draped in the national flag shouts slogans at a protest in Tahrir Square in Cairo on Tuesday. Egyptian lawmakers say the ruling military council has given them 48 hours to finalize the formation of a 100-member panel tasked to write the country's new constitution, or it will come up with its own blueprint for the body. MANU BRABO/THE ASSOCIATED PRESS

U.S. drone kills al-Qaida's No. 2

Pakistan. Officials say Abu Yahya al-Libi will be difficult for al-Qaida to replace

A U.S. drone strike has killed al-Qaida's second-in-command, an American official said Tuesday, a significant blow to the terror network that has lost a string of top leaders since the death of Osama bin Laden last year.

Abu Yahya al-Libi was considered a media-savvy, charismatic leader who escaped from an American prison in Afghanistan and helped pre-

side over the transformation of al-Qaida into a terror movement aimed at winning converts around the world.

Al-Libi was the latest of the dozen-plus senior commanders removed in the clandestine U.S. war against al-Qaida since Navy SEALs killed bin Laden.

The American official who confirmed al-Libi's death said no one left in al-Qaida comes close to replacing the expertise the group has just lost. The official spoke on condition of anonymity.

Al-Libi was killed Monday morning. Pakistani officials had previously said that eight militants died in a drone

strike in the Pakistani village of Khassu Khel in the North Waziristan tribal area.

Al-Libi, a hero in militant circles for his 2005 escape from an American military prison in Afghanistan, was elevated to al-Qaida's No. 2 spot when Ayman al-Zawahiri rose to replace bin Laden shortly after he was killed on May 2, 2011.

The State Department's Rewards for Justice program had set a \$1-million reward for information leading to al-Libi, who had filmed numerous propaganda videos urging attacks on U.S. targets.

Militants and residents in the area told Pakistani agents

that al-Libi was in the house when it was hit, Pakistani intelligence officials said.

The U.S. has carried out a flurry of drone strikes recently — seven in less than two weeks — some of which appear to have been trying to target al-Libi. The stepping up of drone strikes since late May follows a relative lull driven by tensions between Washington and Islamabad over American airstrikes last year that killed 24 Pakistani soldiers.

The attacks are unpopular in Pakistan because many people believe they mostly kill civilians, an allegation disputed by the U.S.

THE ASSOCIATED PRESS

U.S. Supreme Court

Justices now likely to weigh in on gay marriage

The sponsors of California's gay-marriage ban said Tuesday they will ask the U.S. Supreme Court to review a landmark appellate court ruling that struck down the law as unconstitutional. The case is the first federal trial to examine whether a state can prohibit gays from getting married without violating their rights.

Alliance Defence Fund lawyer Brian Raum said Proposition 8 backers "absolutely" would take the case to the high court now that it has run its course at the 9th U.S. Circuit Court of Appeals. Raum said he expected to get a ruling from the Supreme Court later this year on whether it would take the case.

The appeals court refused to reconsider a decision by two of its judges declaring the voter-approved ban to be a violation of the civil rights of gays in California.

THE ASSOCIATED PRESS

Terrorism charges

Lawyers want secret intelligence evidence dismissed

Lawyers for a U.S. man accused of plotting to attack a military office in Seattle want some of the evidence against him thrown out, saying the government should not have obtained a secret intelligence warrant because there was no indication he was involved in international terrorism.

Abu Khalid Abdul-Latif,

34, was arrested June 22, 2011, when authorities said he and an acquaintance arrived at a warehouse to pick up machine-guns and grenades to use in the attack.

In conversations recorded by the FBI with the help of a confidential informant, Abdul-Latif and his co-defendant, Walli Mujahidh, discussed how they wanted to shoot people in the Military Entrance Processing Station as revenge for atrocities by U.S. soldiers in Afghanistan, prosecutors said. THE ASSOCIATED PRESS

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Vapour trails of adulation

Britain's Royal Air Force Red Arrows fly in formation over Buckingham Palace in London on Tuesday to celebrate Queen Elizabeth's diamond jubilee. Royal Family members watched in awe as they stood on the palace balcony. PETER MACDIARMID/THE ASSOCIATED PRESS

Eww! Giant hairy spiders put the bite on villagers

Panic in India.
But witch doctors' treatments may be worse than the hairy creatures' bites, officials say

Giant biting spiders are sparking a creepy-crawly panic in remote northeast India.

But health authorities fear the primitive treatment of the bites' painful swelling may be more dangerous than the spiders themselves. Two people died in Tinsukia after witch doctors used razor blades to drain the wounds.

It's not known whether the victims died from spider poison or from the treatment. The victims were cremated before autopsies could be done.

Another seven bite victims have been treated with antibiotics against infection after they also tried themselves to drain their wounds, said Dr. Anil Phapowali at the local Sadiya town hospital.

The hairy spiders were



Is this hairy spider a new species of tarantula? THE ASSOCIATED PRESS

noticed about a month ago across Tinsukia district's grassy plains and dense jungle forests.

Ecologist L.R. Saikia at Assam's Dibrugarh University said it may be a previously unknown species of tarantula.

"It looks like a new species. We haven't been able to identify it," he said Tuesday.

Meanwhile, villagers are keeping lamps on at night and standing guard against spiders entering their mud-and-thatch huts.

THE ASSOCIATED PRESS

Watch out

- There are about 900 species of tarantula — often hairy and large.
- The biggest tarantulas can kill animals as big as lizards, mice, birds and small snakes.
- They are found in Europe, Asia, North and South America, Africa and Australia.

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TV contest. If you believe the world is ending, you could win ... a bunker

The Spike television network is airing a competition this fall to award a fortified bunker to a family that believes the end of the world is nigh.

Seriously.

The network said Tuesday its six-episode series Last Family On Earth will feature survivalists competing to show how tough and resourceful they are.

The winner gets an underground bunker.

Sharon Levy, executive vice-president of original programming at Spike, said the series doesn't necessarily coincide with the theory that the ancient Mayan civilization predicted the end of the world will arrive in December 2012.

Levy said polls show that

many people believe there will be some catastrophic event like an earthquake or epidemic that threatens civilization, and these are the people who will participate in the show.

"We don't think there's anything funny about that," Levy said.

"We think it's a very interesting segment of the population that is very prepared, is highly intelligent.

"These are regular people. These are not people that you may think are living in a shelter in the middle of the woods. These could be your friends."

Viewers will also learn useful information about survival skills, she added.

THE ASSOCIATED PRESS

Fishing traps

9,000-year-old undersea find?

Swedish marine archeologists say they have found what they believe could be the world's oldest stationary fishing traps on the bottom of the Baltic Sea, with the most ancient dating back at least 9,000 years.

Arne Sjöström, an ar-

cheologist at Sodertorn University outside Stockholm, says the remains of the seven basket traps, made out of hazel rods fastened together, have been found in a submerged ancient river valley off Sweden's southern coast at a depth of 5-12 metres.

Only one of the baskets has been carbon dated, and is estimated to be around 9,000 years old.

THE ASSOCIATED PRESS

Morning TV. Disney goes sour on sweet and sugary food ads for the kids

There won't be so much candy, sugary cereal or fast food on TV with the morning cartoons.

The Walt Disney Co. on Tuesday became the first major media company to ban ads for junk food on its television channels, radio stations and websites, hoping to stop kids from eating badly by taking the temptation away.

U.S. First Lady Michelle Obama called it a "game changer" that is sure to send a message to the rest of the children's entertainment industry.

"Just a few years ago if you had told me or any other mom or dad in America that our kids wouldn't see a single ad for junk food while they watched their fa-



Sweet foods will be off-limits to kids if Disney has its way.

THE ASSOCIATED PRESS

vourite cartoons on a major TV network, we wouldn't have believed you," said Obama, who heads a campaign to curb child obesity.

THE ASSOCIATED PRESS

turning red, acting unruly and mumbling.

She notified the boat staff and was given bottled water but was told not to make a fuss, Cai said.

The company that manages the cruise, Roberts Hawaii, apologized in a statement Monday, saying it is mortified by the error.

The family received nearly \$300 as a refund for the dinner cruise.

THE ASSOCIATED PRESS

Cruise firm's error

Vodka added to tot's orange juice

A company that manages a Hawaii dinner cruise says it mistakenly served alcohol to a three-year-old boy.

Army Spc. Bingyan Cai says her son Michael's orange juice contained vodka last month.

She noticed her son

Canada's richest aren't all bankers and brokers: Study

Top one per cent.

Only a small portion of the country's highest salary earners work in finance, despite being the target of Occupy protesters

To be considered in Canada's richest one per cent, you need to make at least \$230,000 a year. You're most likely male, have a university degree and work longer-than-average hours.

But you're not necessarily a banker or Bay Street investment broker — the primary targets of the Occupy protest movement — a new study by a group of economists at the University of British Columbia found.

Only 10 per cent of Canada's richest work in the financial industry, the study found.

The richest one per cent



Occupy Bay Street protest in Toronto last October.
CHRIS YOUNG/THE CANADIAN PRESS

- **Earnings:** \$452,887/year
- **Gender:** 82.7 per cent male
- **Work:** 50+ hours/week
- **Age:** 35 to 64 years
- **Occupation:** Senior management, doctors, dentists, vets, finance professionals

The rest are doctors, dentists, vets and corporate managers.

"In the eyes of many, the culprits are to be found at the very place where the Occupy

movement started: on Wall Street, or our own Bay Street," the study said. "But there are just not enough investment bankers and high-flying stock brokers to fill the ranks of the 275,000 individuals in the top one per cent."

The top one per cent of Canadians now controls 14 per cent of total income, the paper found, noting that they enjoyed just eight per cent in the 1970s.

"Such an uneven distribution of income has not been seen since the dark days of the Great Depression when it reached an all-time high of 18 per cent," the paper notes.

It found that despite impressive wage gains made by women over the past few decades, the top one per cent of income earners is overwhelmingly (82.5 per cent) male. On average, they earn \$450,000 a year versus \$36,000 for the other 99 per cent.

TORSTAR NEWS SERVICE

Economy

Global conditions have weakened: Bank of Canada

The Bank of Canada is holding off on raising interest rates for a while longer — perhaps a lot longer — citing worsening global conditions and an uneven Canadian recovery that is not quite as strong as advertised.

The decision to keep the bank's trendsetting overnight rate at one per cent for the 14th consecutive policy announcement was widely expected.

The Bank of Canada has acknowledged that the hopeful monetary policy review delivered by Gov. Mark Carney in April may have been premature. Carney conceded Tuesday that Europe has gone from a risky environment to one in which the risks are now reality.

THE CANADIAN PRESS



Ultrabook takes on iPad

Taiwan's struggling computer makers are promoting a new generation of ultra-thin laptops that might be their last hope of turning back the seemingly unstoppable momentum of Apple's iPad and other hot-selling tablets. The brainchild of Intel Corp., the laptop-tablet hybrid known as Ultrabook is only 20 millimetres thick. Taipei's Computex, the world's second-largest computer show, displayed more than a dozen 12- to 17-inch Ultrabook models powered by Intel's new generation of "Ivy Bridge" processors, which were unveiled in April.

CHIANG YING-YING/THE ASSOCIATED PRESS

Market Minute



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THE FETCHING WAYS OF CLEO THE RETRIEVER



JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Now and then, someone comes into your life and then is gone again.

But not before she leaves muddy footprints all over your heart ...

It has been five years almost to the day that we had to put down our golden retriever, Cleo. She had cancer.

The night before she died, we decided to have a Cleofest.

We did all her favourite things. We went down to the creek at the end of the street. When we were both younger dogs, we would run the trails along the creek, stopping on the way to play the Stupid Rock Game.

Cleo was a retriever, but as time went on she increasingly relied on symbolic fetching. In The Stupid Rock Game, I threw a stone in the water, and Cleo nodded half-heartedly in the direction of the stone. Repeat ad nauseam. She could play the game all day, as I had to do the throwing. After a while I'd get tired of the Stupid Rock Game, and start to walk away. That would be her cue to plunge her head into the water, stay under for an alarming period of time, and then emerge, triumphant, with a giant rock in her jaws, which she would dump at my feet, a symbol for all the little

rocks she refused to retrieve.

On her last night, she came up with one mighty fine rock.

On the way back home, she managed to find something smelly to roll in — bonus — and when we got home my daughter got out the whipped cream in a spray can and gave her a mighty dose. If all dogs go to heaven, she was there a night early.

I don't know about your dog, but Cleo was The Best Dog Ever. She had the knack of making each person around her feel as if they were the one she loved best. Some dogs are one-person dogs; others are members of a family pack. Cleo was a world dog, the Chevy Cruze of dogs. She even loved postal workers.

She wasn't fussy: She even liked me. I'd be trying to read, ignoring the dog, even as she went through her entire repertoire of attractive-dog tricks: Baleful-puppy-stare-great-thumping-tail-roll-over-shake-a-paw-woof-impatiently. When none of that worked, she stuck her nose under my free hand and petted herself. Resourceful dog.

She even liked going to the vet. And this last time she must have thought: This is great. The guy gets to pat my head while they give me this needle.

Or maybe she knew. She knew everything else worth knowing.

She died with her head in my hands.

Weird news

Turkey break-in ruffles feathers

A LaSalle, Ont., resident arrived home Saturday evening to a smashed window, a mess in his living room and an unexpected feathery intruder waiting on his couch.

The break-and-enter was the doing of a giant turkey, which also left "poop" and "a blood spot the size of a 50-cent piece" in their living room.

Ken Stroud, 70, who had been out with his wife that day, was the first to spot the 18-inch hole in their window. He initially thought someone had thrown a

rock into their house, and walked unsuspectingly into his dark living room — until he saw something move.

"It's a wild turkey and it's sitting on the arm of my chesterfield," said Stroud about his calm 25-pound intruder. "He was sitting there as if he lived there."

"The wife was hysterical," said Stroud, who guarded his wife Mary while she made her way into one of the rooms.

Stroud says the humane society captured the bird quickly, with just a net and blanket. They've been told the bird is doing well and will be released back into the wild.

PHOEBE HO/FOR METRO

Last-place finish, first-class sportsmanship



MIKE ULLERY/PIQUA DAILY CALL/THE ASSOCIATED PRESS

Running the good race

Athlete pushes flagging rival over finish line

Meghan Vogel of West Liberty-Salem, right, helps Arden McMath of Arlington to the finish line after McMath collapsed yards short in the DIII 3,200-metre final of the Ohio High School Athletic Association state track meet at Jesse Owens Stadium in Columbus, Ohio, last Saturday.

THE ASSOCIATED PRESS

She ain't heavy

- Vogel had won an earlier race, but was in last place in the 3,200-metre run as she caught up to McMath, whose body was giving out.
- Instead of zipping past McMath to avoid the last-place finish, Vogel put McMath's arm around her shoulders, dragged her the final few metres and pushed her competitor over the finish line before crossing it herself.

On the right track

20

Number of metres Vogel hauled McMath before sending her opponent over the finish line first.



Register at metropolitanpanel.ca and take the quick poll

Do you support a proposal to the federal government for the use of unmanned drones in Arctic surveillance?



Twitter

@MissPeachyBum

Sitting on the bus and about to devour an entire box of Breaktime cookies. Perfect thing for a rainy Halifax day.

@Andrew_SV_Matth

guess people in #Halifax will not see the transit of Venus until 2117 then thanks to the rain

@HealthyHalifax

Woman ran across 4 lanes of traffic on Barrington St to get bus. Almost hit by me and another driver. #NotWorthDyingFor

@discoarcade

Drizzle my beard with vinaigrette #becauseIcan #halifax #LAKings

@codygivesahoot

Having fun isn't hard when you have a library card. Going to the library today, folks.

@mallorymills

Running downtown dartmouth is slightly creepy

@BreannaBizeau

I really dislike going to the dentist...



Michael Fassbender plays David 8, a synthetic human automaton ancestor of Alien's Ash, in the upcoming film *Prometheus*. HANDOUT

Prometheus, a prequel or not a prequel to Alien?

Space opera.

Screenwriters call Ridley Scott's newest film 'an Alien/Blade Runner mash-up'



IN
FOCUS
Richard Crouse
scene@metronews.ca

Prometheus, a prequel, or not a prequel? That is the question.

It's a query many have made about the new Ridley Scott space opera. The trailer looks

and feels like a chronological cousin to his 1979 classic sci-fi horror epic *Alien* but the director denies it is a prequel.

Here's what we know. When Scott sat down to write *Prometheus* (with screenwriters Jon Spaihts and Damon Lindelof, who calls it "an Alien/Blade Runner mash-up") he had a prequel in mind featuring Xenomorphs, the acid-tongued space baddies who gave the first movie its name, and the giant dead alien nicknamed Space Jockey. But then he veered off into something larger; mankind's origin story.

"Out of the creative process emerged a new, grand myth-

ology," he said. "The keen fan will recognize strands of Alien's DNA ... but the ideas tackled in this film are unique, far-reaching and provocative."

Still, *Prometheus*, which is set in the same universe as *Alien*, seems to provide the backstory which points forward to the original film.

Firstly, *Prometheus* is set in 2085, 37 years before the Weyland-Yutani Corporation (which also appears in *Prometheus*, simply as The Weyland Corporation) sent the commercial towing spaceship *Nostromo* on its fateful trip from Thedus to Earth in *Alien*.

Next, while the Xeno-

morphs may not appear in the acid-spitting form we're used to — "The sequels squeezed him dry," Scott says, "no way am I going back there" — they aren't completely absent. Artist H.R. Giger, who created the beasts in the first film, was brought back to "reverse-engineer the design of the Aliens in the film" to create a Xenomorph forbearer.

Also, Michael Fassbender plays David 8, a synthetic human automaton ancestor of Alien's Ash.

Further evidence came in a trailer that shows star Noomi Rapace standing in front of two unworn Space Jockey

suits, suits which will soon be donned, perhaps, by the hapless space jockey seen in *Alien*.

Finally Scott promises a scene to equal the horror of Alien's "chest-burster" mind-blower, in which an alien parasite exploded out of John Hurt's torso. It's an iconic moment that no prequel could be without, right?

"There is a scene that could be called the equivalent of that in this film," Scott admits.

Even though the prequel debate rages on, the one thing nobody is questioning is how exciting it is to have Ridley Scott back in the sci-fi genre after a 33-year gap.

2

SCENE

On the web



U.S. terminates funding for Pakistani 'Sesame Street' amid reports of corruption

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Actress Megan Hilty from *Smash* arrives for the NBC network upfront presentation at Radio City Music Hall in New York on May 14. The recent season finale of the show had fans questioning the fate of Hilty's conniving character.

EVAN AGOSTINI/THE ASSOCIATED PRESS

Smash star Megan Hilty says her troubled character will be back

Upcoming lineup. NBC show's season finale sees exit of past characters, but will open the door for newcomers next season

The recent season finale of *Smash* had fans questioning the fate of Megan Hilty's conniving character after — spoiler alert! — she lost the part of Marilyn Monroe and was seen in her dressing room with a bunch of pills in her hand.

But Hilty assures we haven't seen the end of troubled Ivy.

"It's a good sign that I'm here," Hilty said with a laugh in an interview at CTV's downtown Toronto studio on Thursday as the network, which airs *Smash* in Canada, unveiled its upcoming lineup.

"I will be back but I don't know in what capacity. I'm not

quite sure what the storylines will be but I know I'll be back, probably causing a lot more drama next season."

When asked about reports that series co-stars Brian d'Arcy James and Will Chase are leaving the show, Hilty said: "Yeah, that's what I read, too."

"And I've talked to them all and stuff and unfortunately it is a part of our business, and it's something (the characters) deal with on *Smash* even," said Hilty. "But just because people are gone now doesn't mean they can't come back later, so nothing's ever definite."

Hilty performed a medley with actor Cheyenne Jackson on June 4 as part of the fundraiser "Barack on Broadway" featuring U.S. President Barack Obama and former President Bill Clinton, in New York. When she returns to the set of *Smash*, she's hoping her character "can have a small victory," she said.

THE CANADIAN PRESS

Cast overhaul

Some characters won't be returning on a regular basis for Season 2 of the NBC series, about the making of the fictional Monroe musical *Bombshell* on Broadway.

- They include fired personal assistant Ellis (Jaime Cepero) and Dev (Raza Jaffrey), fiancé to lead character Karen (Katherine McPhee), said Hilty.
- The cast overhaul comes after *Smash* creator and show runner Theresa Rebeck recently announced she's leaving the series to pursue other projects. Her replacement is Josh Safran.

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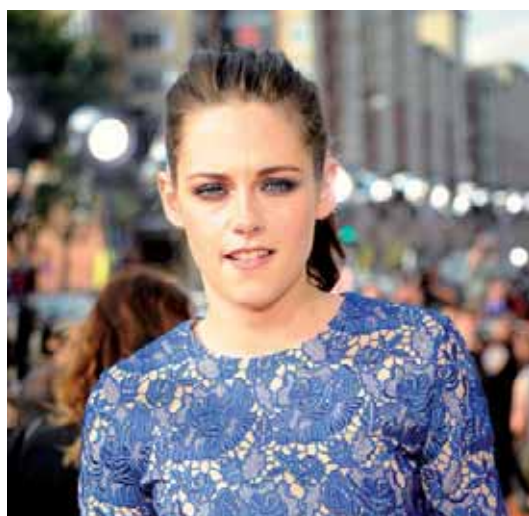
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Kristen Stewart ALL PHOTOS GETTY IMAGES

Kristen Stewart dishes on fame

Kristen Stewart has gotten used to life in the spotlight, but she still remembers the day it all started, right around the release of the first *Twilight* movie. "You can Google my name and one of the first things that comes up is images of me sitting on my front porch smoking a pipe with my ex-boyfriend and my dog. It was taken

the day the movie came out. I was no one. I was a kid. I had just turned 18," Stewart tells *Vanity Fair*. "The next day it was like I was a delinquent slimy idiot, whereas I'm kind of a weirdo, creative Valley Girl who smokes pot. Big deal. But that changed my daily life instantly. I didn't go out in my underwear anymore."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jason Alexander apologizes for 'gay game' remark

Former *Seinfeld* star Jason Alexander is offering an apology for his comments about cricket, which he called "a gay game" during an interview with *Craig Ferguson*. "A few of my Twitter followers made me aware that they were both gay and offended by the joke. And truthfully, I could not understand why," Alexander posted to Twitter. "And the worst part is, I should know better. My daily life is filled with gay men and women, both socially and professionally. I am profoundly aware of

the challenges these friends of mine face and I have openly advocated on their behalf. So, I can only apologize and I do."



Quoted

"I should know better. My daily life is filled with gay men and women, both socially and professionally."

Jason Alexander



Will Kopelman and Drew Barrymore

First comes love, then comes marriage. . .

During his wedding to Drew Barrymore, Will Kopelman took a moment to acknowledge that their family is about to expand, according to *Us Weekly*.

"Everyone knows the baby's coming, so there wasn't much talk about it," a source says of Barrymore's pregnancy.

"Will said something

Quoted

"Everyone knows the baby is coming, so there wasn't much talk about it." Source

like, 'I'm excited to marry you. I'm excited to meet the newest member of our family.'

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²Bonus offer is limited to new accounts and is awarded after your first BMO Gold AIR MILES MasterCard purchase. Applications must be received by August 31, 2012. Limit of one Bonus offer per Account. Complete Terms & Conditions are available at bmo.com/1000. ®Registered trade-marks of Bank of Montreal. †Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Bank of Montreal.
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Whether you're a fan of The Lion King, Pocahontas, everything Disney has ever made or nothing at all, Disneyland has attractions as tailor-made as Cinderella's glass slipper. Between the options at Disneyland and California Adventure, both in Anaheim, Calif., there is enough variety to entertain even the most skeptical of adult visitors.

METRO WORLD NEWS



For the sci-fi fan

Fly through the stars at Space Mountain. For nearly three minutes, the rollercoaster hurtles, corkscrews and twists its way through the indoor track, lit only by the stars as you soar through the darkness of space. Built in 1977, this timeless coaster is a cornerstone of Disneyland's futuristic — and kitschy — Tomorrowland. A stone's throw from Space Mountain is Star Tours: The Adventures Continue, a technological world away from Space Mountain. This 3D ride, guided by C-3PO, allows you to be a space tourist.

5

Disneyland experiences

For the wannabe sailor

One of the park's oldest attractions, the Jungle Cruise in Adventureland, takes you on a boat tour of a reptile-filled river. The cruise is led by a Disney cast member, who provides commentary as your steamer passes by animatronic elephants, snakes and monkeys. Pirates of the Caribbean, another original attraction, got an update just as the hit films came out. This ride features appearances by Captain Jack Sparrow and other characters you'll recognize from the movie.



For the film enthusiast

Now referred to as a "tribute" to Michael Jackson, Captain EO is still being screened at Disneyland. The 3D film was directed by Francis Ford Coppola and features Jackson using song and dance to transform the evil Supreme Leader into a beautiful woman — played by Angelica Houston.



Located near the entrance of California Adventure, Soarin' Over California takes its audience on a high-flying tour of the state — from the coast to the mountains. A cantilever lifts the seated audience into the air and into a concave video screen that makes you feel like you are flying high above some of the state's best-known features.

For the happily spooked

It's not very scary, but the Haunted Mansion can still attract a crowd. Sitting in Doom Buggies, you are taken on a tour of the mansion and introduced to some of the scary spectres that call the old plantation house home.

For a modern scare, It's Tough to be a Bug gives you an up-close look at the creepy, crawly characters that live all around us. Not only is the show in 3D thanks to the Bug Eyes provided, but it also features stinky smells, spraying water, and seats wired to give you a creepy-crawling feeling that the bugs are too close for comfort.



For the kid at heart

No trip to Disneyland is complete without a visit to it's a Small World — the much lauded animatronics-filled boat ride through the cultures of the world. Warning: You will have the song stuck on continuing loop for the remainder of your trip.

For a modern small world, visit Toy Story Midway Mania. The 4D ride features spinning vehicles that take you from one screen to another. At each stop you try to hit Toy Story-related targets that pop up on the screens.



3

LIFE

Travel in brief

App to keep travellers healthy

A new app might prove useful to Canadians heading out on a road trip this summer and seeking timely health-related information along the way. The free app for Apple devices offers up-to-date details on public health and environmental advisories across the country, says its developer Health & Safety Watch Inc. "Everything can change very rapidly — for example a destination that had safe drinking water when you left on your road trip may actually be under a boil water advisory by the time you arrive," says Jeff Aramini, company president and a former Health Canada senior public health epidemiologist. The app shows local data based on a user's location. A search function also lets you plug in your itinerary.

THE CANADIAN PRESS

On the web



Gerhard Richter, among world's top-selling artists, opens his biggest exhibit to date in Paris

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You've broiled it, you've deep fried it, but have you tried roasting it lately?

Ingredients

Of course this recipe also works for a weeknight dinner. The chicken comes out terrifically moist and tender. And because the chicken is flattened before it is cooked, it is finished much faster than traditional roasting methods.

Here's what you'll need:

- 4-pound whole chicken
- 1 tablespoon kosher salt
- 1 tablespoon garlic powder
- 1/2 tablespoon dried thyme
- 1/2 tablespoon ground black pepper
- Prep time from start to finish, 50 minutes (10 minutes active).
- Servings. 8.

My recipe for a romantic picnic? A roasted chicken with sandwich trimmings.

Roll with me on this one. It's easy and totally appropriate.

You start out by following my couldn't-be-easier recipe for cast-iron skillet roasted whole chicken. The gist is that you split the bird at the backbone (technically called spatchcocking, but that just seems inappropriate in this context), sear it breast side down on the stovetop, then flip the bird and finish it in the oven.

When the chicken is cooked, you let it cool, then you cover it and refrigerate it right from the pan. You even can do the roasting the night before.

Instructions:

1. Heat the oven to 425 F.
2. Place the chicken on the cutting board breast side down. Use sturdy kitchen shears to cut down the length of the spine on both sides. Discard the spine. Turn the bird breast side up. Gripping the 2 cut sides where the spine used to be, open up the bird, pressing down firmly at the centre to flatten it.
3. In a small bowl, mix together

Put this in your picnic basket (sans cast-iron skillet, of course)



A four-pound chicken should provide enough meat for eight sandwiches. MATTHEW MEAD/THE ASSOCIATED PRESS

er the salt, garlic powder, thyme and pepper. Rub the mixture evenly over the entire chicken.

4. Set a large cast-iron skillet on a burner over medium-high. When the skillet is hot, add the

chicken breast side down. Let the chicken brown for 5 minutes, then use tongs to carefully flip the bird so the breast side is up. Set the skillet in the oven and roast for 30 to 40 minutes, or until the thickest part

reaches 165 F.

5. Remove the chicken from the oven. Either serve immediately or let cool and refrigerate for use in a picnic as described above.

J.M. HIRSCH/THE ASSOCIATED PRESS

Cocktail of the Week

Fresh and fruity almond smoothie

Let this crisp and fruity drink give you a smart morning start, or drink it as an afternoon snack to keep hunger at bay.

Robust Raspberry Almond Smoothie (Makes 6 servings)

Ingredients:

- 2 cups almond milk
- 1, 12-oz package frozen raspberries
- 2 medium bananas, cut into chunks
- 2-3 tbsp honey
- 1/2 tsp almond extract
- 3 tbsp almond butter
- 1/2 cup vanilla soy ice cream
- 12 fresh raspberries (optional)

Directions:

Combine all ingredients in a blender; whirl until smooth. Pour into 6 glasses and garnish with fresh raspberries if desired.

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Parents, I'm not getting paid

Labour bans the loonies. It's not exactly what you want for Junior right now, but let's weigh the benefits

LEAH RUEHLICKE
TalentEgg.ca

Your child just found their dream internship and your nightmare of a compensation guarantee: unpaid. But unpaid internships, although daunting at first, can be an extremely beneficial (and integral) step in your child's career path.

Stephanie Reid, an executive assistant at BlueCat Networks and mother of two unpaid interns, once had her own hesitations about the working-for-free lifestyle. However, as her two children gained invaluable work experience and turned their internships into success stories, she realized the value of



The interview you have with your child about their internship may be just as important as the one they'll secure because of the unpaid role. ISTOCK

Pushy parents

Helicopter parent horror stories:

- "One parent wanted to sit in during the interview."
- "A parent called a politician to push me to hire his son."
- "A parent came by my desk and told me that he expected his daughter to get preference for a position since he was a manager at the company."

Office Team Canada survey

the unpaid internship.

"It's not the same if an intern is doing solitary photocopying all day and thus not learning anything or meeting people," she says. Luckily both of her children interned at organizations related to their own career aspirations. "I know we are very lucky to be able to do this," Reid says. "If I knew what I know now, I would have suggested to my kids and all of their friends that they start putting money aside for an opportunity like this as soon as they enter high school, even."

Reid offers the following tips and advice to fellow parents struggling with the idea of their child embarking upon an unpaid

position:

- Evaluate the internship. Internships are beneficial only if your child is learning career-related skills, making industry connections and utilizing the education they have.
- Internships can show your child what they actually want to do. "After hearing about how many kids change course, I guess the main thing I was hoping for was confirmation that they were on the right track at school — or not — and getting the chance to fix that quickly," Reid adds.
- Set a timeline. Agree with your child that you'll re-evaluate how things are going

in four months, for example, to ensure that they are benefiting from their internship and, if they aren't, to begin exploring new paths.

- Encourage your child to

Twitter

@TalentEgg: What do your parents think about your summer job/internship/co-op?

@CarlieMcC

My parents appreciate that I'm getting experience in a field I enjoy, they just wish I was making money! #intern

@theYingWang

my parents can't understand that tweeting at people all day constitutes a proper internship; they're happy for me nonetheless!

@cheapstudents

They are really glad I am getting the experience while completing my degree.

@ShabShah

my parents are quite happy I got a great co-op (especially my mom b/c I'm living at home -

she has extra help around the house!)

@cassruggiero

They are happy I am getting experience, but wish I was paid enough to not live paycheck to paycheck!

@Roshan_Singh

My parents believe that summer jobs/internships/co-op positions aren't helpful for finding my career job

@ncliteur

my parents are very excited that I'm moving to Moscow to experience a new culture and get experience abroad.

@tricia_bernardo

my parents don't fully understand what I do for my summer job, they're just glad it's close to home and that I love it!

realized that three months isn't necessarily long enough to prove yourself to an employer.

LEAH RUEHLICKE IS A MARKETING/EDITORIAL ASSISTANT AT TALENTTEGG, AND A RECENT CULTURAL STUDIES AND ENGLISH GRADUATE FROM TRENT UNIVERSITY.

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Should I stay or go?
How to tell when you
need some time off

**JULIA
WEST**
Metro World News in Philadelphia

Vacations: We always want one, but sometimes we actually need one.

Here's our rundown of tell-tale signs that you're in need of some well-deserved time off.

You are less productive

This may come as no surprise, but many Type A personalities tend to work without vacation — and without realizing that it can affect their productivity. "If you notice that you need to take a lot of breaks to accomplish work, that is a sign that the current demands on you are exceeding your resources," says Amy Przeworski, assistant professor in psychology at Case Western Reserve University.

Your attitude is poor

"Do you find yourself getting short-tempered with the nicest person in the office?" asks Marc Cenedella, CEO of job-matching site The Ladders. If so, ask yourself if those people deserve to

put up with that.

You dream about quitting

"This is obviously a sign that you are dissatisfied with your job," says Przeworski. "But before you jump ship, try taking a vacation or a day off to see if maybe you just needed a break and some self-care instead of a new position." The last thing you want is a permanent vacation.

Your time off

Kerry Patterson, co-author of Crucial Conversations, reminds us that we must "define vacation" to ourselves and to our bosses.

"Talk about what it truly means to take time off. If you are required to take the office with you in the form of emails and conference calls, you never truly leave the office."

After you get the time off, don't spend it answering emails from a beach.

Workplace Law

Moving far away from the contract



**WORKPLACE
LAW**
Daniel Lublin
dan@canada
employmentlawyer.com
Twitter: @danlublin

Sometimes employees too easily confuse who gets to call the legal shots.

Believing that their job is an entitlement, some workers try to take the law into their own hands. They are often mistaken.

This is the story of one employee who learned this lesson the hard way.

Working from his home in Alberta for a Vancouver based software firm, Dean Ernst quickly wore out his welcome.

Hired as a vice-president of operations, Ernst and his employer agreed that he could work from home on a temporary basis with the intention that he would move to Vancouver in the future.

Ernst interpreted their agreement to mean that, as a work-from-home employee, he could work from anywhere that he wanted.

Ernst owned a home in Cabo San Lucas, Mexico,

where he planned to later move for his retirement. However, Ernst and wife decided to permanently move to Mexico earlier than they had first anticipated.

Ernst flew to his home in Mexico and satisfied himself that there were no obstacles to working for his employer there instead of from Alberta. The problem is that he did not mention any of this to them.

Ernst later called his boss and explained that he was moving to Mexico and that, as a work-from-home employee, the manner in which he performed his job would not change.

His employer disagreed and felt betrayed that Ernst was not asking for permission and had already made up his mind.

Shortly after, he was fired.

At a recent trial, Ernst argued that he was entitled to work from home, wherever that may be, and that he did not require his employer's consent.

However, the court disagreed.

It inferred from the language in Ernst's contract that the intention was that he would work from Canada.

As a result, when he moved to Mexico without permission, he breached the terms of his own agreement.

Even as a work-from-home employee, Ernst simply lost sight of who was entitled to call the shots. When this occurs, an employer may be able to treat the employee's actions as insubordination, or worse, as Ernst learned — cause for his own dismissal.

DANIEL A. LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN.

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"Ernst interpreted their agreement to mean that, as a work from home employee, he could work from anywhere that he wanted..."

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CHILD CARE AWARENESS DAYS

19 YEARS OF CELEBRATION ACROSS NOVA SCOTIA

On May 29 at Province House, Dave Wilson, the then-minister of communities, culture and heritage, participated in a flag-raising ceremony to mark Child Care Awareness Days, along with 130 children, almost 30 child care workers and Sandy Greenberg from Razzmatazz.

Now celebrating its 19th anniversary, the month-long event was recently officially proclaimed by Premier Darrell Dexter and it recognizes and celebrates the value child care brings to Nova Scotia.

One of the motivations behind Child Care Awareness Days is to bring awareness to the exceptional professionals who provide child care in the province.

This year alone, 43 child care practitioners across Nova Scotia will receive the prestigious Caring at Work Award.

"This award is presented to practitioners who have been recognized by their peers as practitioners who care for and about children, staff, families and their community," says Elaine Ferguson, the executive director of Child Care Connection Nova Scotia, the organization behind Child Care Awareness Days. "The awards are presented all over the province at



Child Care Awareness Days is a month-long celebration that recognizes the value child care brings to Nova Scotia.

events which celebrate the nominees and their work."

Besides the Caring at Work Award, other awards are presented to organizations for long service to the industry and programming excellence at the industry's annual conference. There is also a practice award of excellence for the contributions an individual makes to the profession.

Child Care Awareness Days first oc-

curred in 1993, running from Aug. 23 to 1993. The timing was specifically meant to coincide with the arrival of Howard Clifford, an Ottawa bureaucrat who is regarded by some as the grandfather of child care in Canada.

In 1992, he biked across half of Canada to increase awareness of child care and the following year, he finished the rest of the journey.

With Clifford coming into town, it was decided that there should be some sort of celebration centering around it, so the first Child Care Awareness Days was born.

Since 1993, child care folks have brought their community into their centre, took their centres into their community and joined their community in celebrating what child care brings to Nova Scotia's social and economic well-being.



Part of Child Care Awareness Days' annual celebration is a trade show for industry professionals.

RECOGNIZING THE IMPORTANCE OF FAMILY

An important part of Child Care Awareness Days is the annual conference and trade show held in conjunction with it.

This year's gathering is called Family at the Centre and it will be held on June 8 and 9 at the Holiday Inn in Dartmouth.

"Recent research has uncovered just how important empathy is to all aspects of well-being," says Elaine Ferguson, the

executive director of Child Care Connection Nova Scotia, the organization behind Child Care Awareness Days.

"Understanding and increasing empathy can bring about enormous personal and social change. At this year's conference, we will explore the attitudes, perspectives and possibilities for practices that place families at the centre of our

work with children and families."

For people who work in the child care profession in Nova Scotia, the event is an excellent opportunity to connect with other people in the early childhood education field.

"Sometimes when you're working in your classroom, you're focused right on the children and you don't get a chance to put your head up and see really how large a group of people there are that are providing child care and this is one way we can pull them together," says Ferguson.

The conference will be jam packed with events, including professional development workshops, as well as an awards gala which will recognize early childhood education practitioners who have demonstrated exemplary practice in their work and service to children and families.

There will also be keynote addresses and workshops on both days of the conference by Stacey York, an American who has worked on behalf of children and families for over 35 years. She wrote a highly regarded and well-known book called *Roots and Wings* which is about how to deliver programming without any biases. York and her husband live

on a farm in rural Minnesota with their adopted special needs children.

The family raises sheep and produces fibre products.



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MOUNT'S CHILD STUDY CENTRE: A PLACE FOR LEARNING, GROWING

Debbie Armstrong is the director of Mount Saint Vincent University's Child Study Centre.



A focus on individual attention is one of the reasons why the Child Study Centre at Mount Saint Vincent University is so highly regarded. Although the Centre is staffed by people who specialize in early childhood education, it is also a training facility for students who are studying in the Mount's Child and Youth Study degree program. The effect this has on the children is pretty simple.

"It allows us to give more individual attention to the children," says Debbie Armstrong, the director of the Centre.

This arrangement where the Centre acts as a facility for observation and research related to early childhood and child development has an impact on many people.

"I think our children have such a broad experience because our students come from all over the world," says

Armstrong. "It's really great to have new ideas. That's the great thing about being a teaching centre is that the staff constantly have to be aware of new trends and what's going on in early childhood education because they have new students coming in every year."

The experience adds greatly to the students' education.

"I think it's very important," says Armstrong. "It gives them actual hands-on experience supervised by qualified teachers. It gives them a chance to come in and try their ideas. For some students, it's the first exposure they will have to a structured program for younger children or even children with special needs."

The Child Study Centre recently celebrated its 35th year of operation and is this year's winner of the Early Childhood Learning and Care Award for Excellence in Program.

The Centre acts as a daycare for children of Mount students, faculty and staff, as well as the community at large.

"We fill the spaces from people on campus and then whatever's left, we open to the broader community," explains Armstrong.

Being located on a university campus means the Centre is able to make use of the on-campus amenities, such as the Mount Community Garden. Armstrong says excursions to the garden are helping the children have a better understanding of where their food comes from, as well as helping them develop an appreciation of nature.



Children

Celebrating Child Care Awareness Days



Thank you to
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and professionals,
volunteers and families
who work alongside us
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NOVA SCOTIA



MARGO KIRK HONOURED WITH AWARD

There's a saying in the sports world that you win as a team and lose as a team. For Margo Kirk, the executive director of the University Children's Centre (UCC), it's a line of thinking which sounds familiar.

"I think successes as individuals can't happen without successes within teams," says this year's recipient of the Early Childhood Learning and Care Award of Excellence for Practice.

For Kirk, winning the award is meaningful on many levels, including that the nomination came from the staff at the UCC.

"As executive director, it is wonderful to know that I have the respect and support of the people I work with," she says. "I think it also means as an organization and as a team, we certainly strive to move forward and are not stagnant in our plans."

Kirk has been at the UCC since 2001, but her roots in the early childhood education field date back much longer.

After the birth of her first child, she became interested in learning more about early development and how children learn. She started teaching as an early childhood educator in 1980. As they say, the rest is history.

The UCC is located on the Dalhousie campus and was honoured with a long-term service award as part of Child Care Awareness Days last year. From its team award last year to Kirk's individual award this year, it's clear that the UCC is highly regarded.

One of the keys to its success is location.

"We're very central," says Kirk.

"We're on major bus routes. That makes us accessible. It's easy to get downtown, to the Public Gardens, to museums."

It also means the centre has access to the various facilities and amenities Dalhousie has on its campus, such as the pool at Dalplex or gym space at the Studley Gym. During the winter months, UCC has also rented out the Memorial Arena.



The Wee Care Centre provides child care service to children with and without special needs.

A PLACE WHERE LITTLE MIRACLES 'HAPPEN EVERY DAY'

Since its inception in 1973, the Wee Care Centre has been a pioneer in providing child care service for children with special needs.

"At that time, it was a time when children with special needs were not welcome in typical child care centres," says executive director Dawn MacFarlane-Smith.

Much has changed since that time. Today, the benefits of inclusion are well-known and include the empathy and sense of fairness children develop. People actively seek out the Centre as a child care provider for all children.

"Some of the children in our care have very high needs and Wee Care has always been a centre where children with complex needs have received specialized programming," says MacFarlane-Smith. "Wee Care is known for that and because we can provide services on site, it is a tremendous support to families and they don't have to spend their time travelling from point A to point B to appointments and back again."

Children are able to remain in a natural setting receiving therapies that include their peers.

With different professionals such as music therapists, physiotherapists and occupational therapists on site, it

helps make life easier for the parents of children with special needs and helps with the personal growth the children make.

"There truly are these little miracles that happen every day at Wee Care," says MacFarlane-Smith. "We'll see the staff skipping and hopping because of what someone is doing. Children who were not supposed to walk, walk. Children who they said would never talk, talk."

The Centre is this year's winner of the Early Childhood Care and Education 20+ Service Award.

From its roots of having six spaces, the Centre has since grown to 58 spaces, plus another 14 in a second location which is located next door to the Centre.

The Centre is located at the corner of Young and Barrington Street and accepts children who range in age from four months to six years.

MacFarlane-Smith has been with the Centre for 19 years and it is the wonderful work she sees happening every day and the impact on children's lives that continues to inspire her.

"When you walk down the hallway and you see what happens every day, it really motivates you to do more," she says.

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QMJHL

Ben Duffy not
'on the market,'
Rocket coach says

Ben Duffy and the Halifax Mooseheads might sound like a match made in heaven. But P.E.I. Rocket general manager Serge Savard isn't about to just hand over his franchise's all-time leading scorer.

Duffy, a Lower Sackville native coming off back-to-back 80-point seasons with the rebuilding Rocket, is one of the top over-age targets of contending teams heading into the QMJHL trade period starting Friday in Quebec City.

"Whatever's good for the franchise, we'll certainly take a look at, but Ben Duffy's not on the market," Savard said on Wednesday. "We haven't put anything on the market."

Talk of a Duffy trade has been swirling since early last season, when the former fifth overall QMJHL pick told Metro he would be "very happy" if he was traded to a contender, noting it would be "kind of cool" to finish his career with the Mooseheads.

But the Rocket didn't get any satisfactory offers during the mid-season trade period and Duffy finished the campaign with the last-place squad.

Duffy, who has 231 points in four seasons with P.E.I., had 34 goals and 48 assists for 82 points in 68 games and finished 12th in QMJHL scoring.

Savard said he's happy to keep the five-foot-10, 168-pound centre through the first half of the season and even the entire campaign if the right deal doesn't present itself.

When asked what he expects in a package for Duffy, Savard wouldn't provide specifics.

"What would it take? I don't know. A huge offer," Savard said. "He doesn't come at a cheap price, that's for sure."

MATTHEW WUEST/METRO



Lower Sackville's Ben Duffy
CONTRIBUTED/P.E.I. ROCKET



Halifax Titans goalie Mason McDonald poses for a photo at the Halifax Forum on Monday. McDonald is rated seventh for this weekend's QMJHL draft.

RYAN TAPLIN/METRO

McDonald shows Q scouts right stuff

QMJHL draft. Halifax native is 'the best goaltender in the draft' on Saturday, says league's top scout



MATTHEW WUEST
wuest@metronews.ca

The first time Mason McDonald strapped on goalie equipment, he was nine years old and had already skated as a forward for two years at the novice level. There was bound to be an adjustment.

"It just didn't feel right," the Halifax native recalls.

But there was more to it than the adjustment to a completely different position. The traditional left-handed trapper and right-handed blocker were an unnatural fit.

After giving the gear a try for 10 minutes, his dad Brian rustled up opposite-handed gear, including a right-handed ball glove.

"I put on the 'right way' gloves and it was just awesome stopping the puck,"

says McDonald, who celebrated his 16th birthday last month. "Ever since then, I just wanted to be a goalie."

He not only became a goalie, he developed into the best in his age group in all of Atlantic Canada and Quebec, according to QMJHL Central Scouting, ranked seventh overall for the league's draft on Saturday at 10 a.m. in Quebec City.

McDonald, a super-sized stopper who checks in at almost six-foot-three and 175 pounds, was a standout for the Halifax Titans last season, going 14-1 with a 2.01 goals-against average and a .916 save percentage en route to a Nova Scotia Major Midget Hockey League championship.

While he says catching right sometimes throws off shooters, it's his size and skill that scouts covet.

"He's the best goaltender in the draft," says Central Scouting director Pierre Leduc. "He's an imposing physical presence in the net. He's always square to the puck, he leaves little space to shoot at, he constantly challenges, he has very good tech-

nique, and he moves well."

Perhaps his most sought-after skill is his puck-moving ability. Leduc compared McDonald to "a little Martin Brodeur" in that regard.

McDonald, who doesn't model himself after Brodeur or any other NHL goaltender, takes pride in that aspect of his game.

"If you can play the puck, you can help your defence a lot, and if you're really good at it like Brodeur, you can even get some points," McDonald says. "It keeps the play going and defencemen always compliment me on it. It's a big edge."

McDonald is attending the draft but has no idea who will pick him. He just hopes it's a team that will give him a chance to play immediately.

"I'm just counting down the days," McDonald says. "It should be pretty fun."



Metro reporter Matthew Wuest will be at the QMJHL draft in Quebec City this week. Follow his coverage via @metroqfiles on Twitter or metronews.ca/sports.

Draft rankings

Central Scouting's top-ranked Nova Scotians for Saturday's QMJHL draft (HRM residents in bold):

• Round 1: 7. Mason McDonald, Halifax; 11. Matthew Highmore, Dartmouth.

• Round 2: 21. D Mark Trickett, Baddeck; 22. D Duncan McIntyre, Sydney; 33. D Brendan Nickerson, Shelburne; 35. Zachary Moody, Margaretsville.

• Round 3: 37. F Nicholas Blanchard, Kentville; 42. D Gareth Nicholson, Kentville; 46. D Nicholas Quillan, Dartmouth.

• Round 4: 65. D Alexander Mann, Lunenburg; 66. D Nicholas Gibson, Boutiliers Point.

• Round 5: 74. F Josh Pugsley, Amherst; 81. F Morgan Messenger, Centreville.

4

SPORTS

EastLink

Wildcats to acquire top CHL draft pick: Report

The Moncton Wildcats will reportedly acquire the first overall pick in the Canadian Hockey League import draft from the expansion Sherbrooke Phoenix.

The deal, which is expected to be made official on Friday when the QMJHL trade period opens in Quebec City, was first reported by Jean-Francois Plante of Le Droit newspaper in Ottawa. The Wildcats will give up a player and draft picks, a source told Metro.

For a roundup of rumoured trades and details on who the Sherbrooke Phoenix might pick in Wednesday morning's QMJHL expansion draft, visit Metro's Q Files blog at metronews.ca/qfiles.

Mobile news



Fresh off his first national championship with Kentucky, John Calipari is coaching the Dominican Republic basketball team in an attempt to qualify for the Olympics this summer. Scan the code for the story.

MLB

Lasorda stable after heart attack

Hall of Fame manager Tom Lasorda was hospitalized in stable condition Tuesday, a day after the 84-year-old had a "mild" heart attack while representing the Los Angeles Dodgers at the draft.

THE ASSOCIATED PRESS



Tommy Lasorda

THE ASSOCIATED PRESS FILE

NHL

Cloutier added to Flames' staff

Jacques Cloutier has joined the Calgary Flames coaching staff as Bob Hartley's assistant. The former goalie Quebec Nordiques goalie was Hartley's assistant last season with the Zurich Lions of the Swiss elite league. **THE CANADIAN PRESS**

NHL

Moore absent due to wife's illness

San Jose Shark Dominic Moore said he missed playoff games because his wife has a rare form of liver cancer. Moore explained his absence from two playoff games in April in a statement Tuesday.

THE ASSOCIATED PRESS

NHL

Therrien back with Canadiens

Michel Therrien is back as head coach of the Montreal Canadiens.

The club announced Tuesday that 48-year-old Therrien will replace Randy Cunneyworth behind the bench.

THE CANADIAN PRESS

NBA



"I think we have the right game plan. We just need to play a little better for a little longer."

Tim Duncan, whose Spurs trail the Thunder 3-2 in the Western Conference finals after a 108-103 loss on Monday night.

Quick has the edge for Conn Smythe

NHL. Kings goalie has chance to post some of best playoff stats in NHL history

Jonathan Quick has set the bar so high for himself, his Los Angeles Kings teammates can barely see it.

"He's playing on another planet," forward Jarret Stoll said Tuesday. "That's what he expects."

The 26-year-old American has put together a post-season that is taking on historical proportions. As the Kings entered Wednesday's Game 4 against New Jersey with a chance to win the Stanley Cup, Quick sat poised to post some of the best playoff statistics in NHL history.

In the process, he's completely eliminated any debate there might be about who deserves to take home the Conn Smythe Trophy as playoff MVP.

"In these playoffs, every game he's been on," said Hockey Hall of Famer Luc Robitaille, the Kings' president of business operations. "He's been very, very special."

The Devils have been unable to find a way to solve him. As one-sided as the Stanley Cup final seems right now, it likely wouldn't have looked that way if not for the performance of Quick.

He's been particularly sharp early in games during this series, giving the Kings a chance to get more comfortable while planting seeds of doubt in the minds of Devils players.

"We're creating as many chances this round as we had against the Rangers the prior round — we're not finishing," said Devils coach Pete DeBoer. "He's played very well.... We've never been able to grab momentum, (score the) first goal, at a critical time."

Quick has been a cornerstone for the Kings for three seasons, but this is the first one where he's commanded national attention.

Now he has a chance to match Tim Thomas's trophy haul of a year ago by winning the Stanley Cup, Conn Smythe and the Vezina Trophy as the NHL's top goalie.

THE CANADIAN PRESS

By the numbers

.950

Jonathan Quick's .950 save percentage in the playoffs would rank him first all-time and his 1.36 goals-against average would be better than any goaltender in the last 52 years.



Pierce's clutch shooting puts Boston within reach of finals

Paul Pierce, left, makes a three-point basket in the final minute of Game 5 against LeBron James Tuesday night in Miami. The Boston Celtics moved one win away from an Eastern Conference title by beating the Miami Heat 94-90 on Tuesday night. Pierce scored 19 points for the Celtics, who have won three straight games for a 3-2 series lead. James finished with 30 points and 13 rebounds for Miami, though he went eight minutes without scoring in the final quarter. Game 6 is Thursday night in Boston, where the Celtics will try to clinch a trip to either Oklahoma City or San Antonio for Game 1 of the NBA finals. **MIKE EHLMANN/GETTY IMAGES**

Tennis. Never-say-die Djokovic on to semifinal

Novak Djokovic saved four match points and came back to beat Jo-Wilfried Tsonga 6-1, 5-7, 5-7, 7-6 (6), 6-1 in the French Open quarterfinals Tuesday, moving closer to a fourth consecutive Grand Slam title.

Djokovic's next opponent is 16-time major champion Roger Federer. It's a rematch of their semifinal at Roland Garros last year, when Federer ended the Serb's 43-match winning streak. **THE ASSOCIATED PRESS**

Baseball. Rasmus' hot bat drives Jays to victory

Colby Rasmus went five for five with a homer to help Ricky Romero earn his seventh win as the Toronto Blue Jays beat the Chicago White Sox 9-5 on Tuesday night.

Rasmus and David Cooper

hit two-run homers in the fifth off Phil Humber and both finished with three RBIs in Toronto's 13-hit attack. Romero (7-1) pitched seven-plus innings, allowing five runs. **THE ASSOCIATED PRESS**



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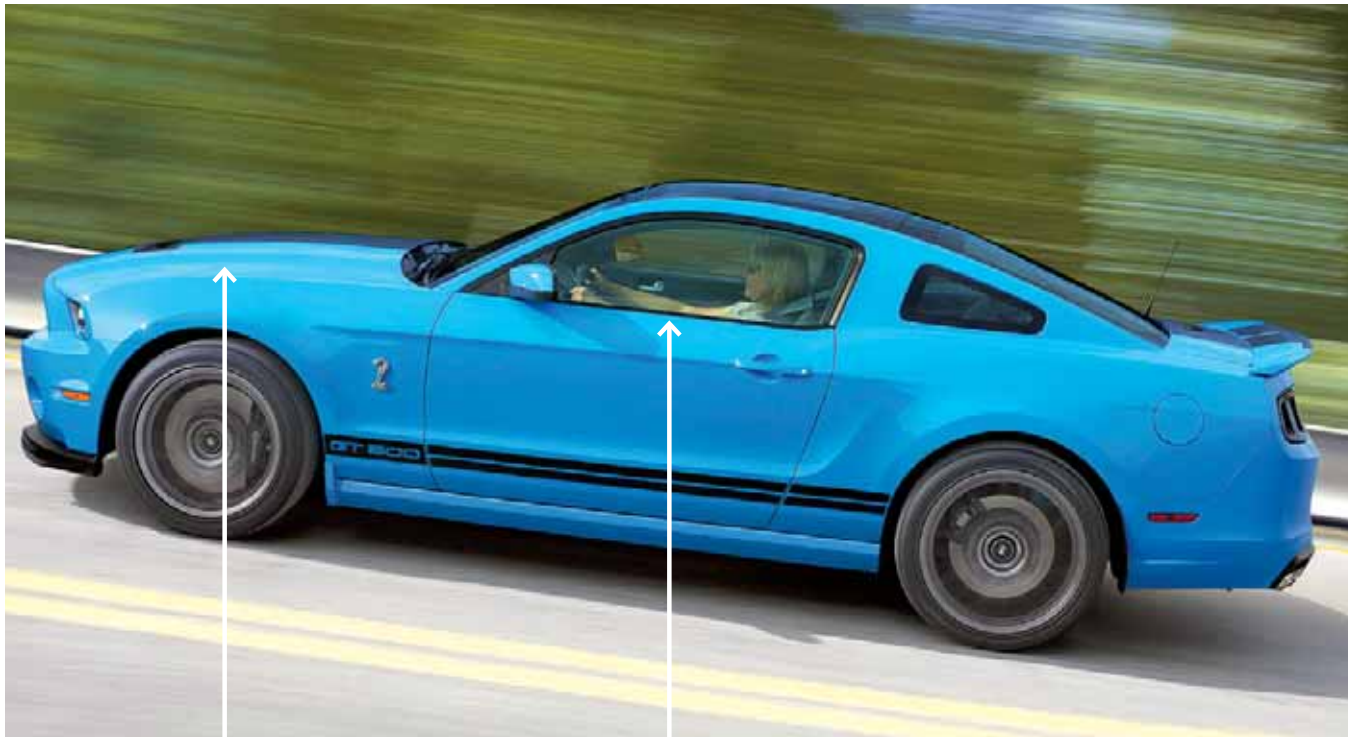
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Bragging rights back in the saddle



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Engines

On the powertrain front, the Mustang V6 and Boss 302 ratings are unchanged at 305 and 444 horsepower, respectively. However the V8-powered GT now makes 420 horsepower, up eight. In addition, the six-speed manual-transmission cars now have "hill start assist" that prevents the vehicle from rolling backward on an incline.



2013 Mustangs receive a new hood and a larger grille.

Interior

The interior remains a familiar spot, unless you select the newly optional cloth or leather-covered Recaro-brand sport-seat option that provides significant support when cornering. Also available is a Track Apps dashboard information screen that shows cornering g-forces, acceleration times and braking intervals.

2013 Ford Mustang

- **Type.** Two-door, rear-wheel-drive sport coupe/convertible.
- **Engines (hp):** 3.7-litre DOHC V6 (305); 5.0-litre DOHC V8 (420/444); 5.8-litre DOHC V8, supercharged (662).
- **Base Price (incl. destination):** \$25,500.

Wide price range

Naturally, Mustangs feature something for every budget, beginning at \$25,500 for the base V6 coupe and \$32,500 for the convertible, ranging all the way up to \$63,200 for the Shelby GT 500 coupe (\$68,200 for the soft top).

Review. Ford pokes and prods its pony to perfection

MALCOLM GUNN

Wheelbase Media

During the 1950s and early 1960s, there were dramatic year-over-year changes in North American automobile design. Back then it was referred to as "planned obsolescence." Now, more than 50 years later, Ford has seemingly revived this pattern with the Mustang.

The rapidity of renewal with the original ponycar is understandable ... sort of. Without question, General Motors' Chevrolet division has painted a giant bulls eye on the Mustang's hindquarters and is taking direct aim by drawing the latest Camaro from its quiver. It's a game of automotive one-upmanship that shows no signs of abating.

The Camaro has been a burr in the Mustang's saddle ever

since the latest edition arrived for the 2010 model year. As it stands now, the Camaro holds a slight sales lead and has recently bolstered its position with the Corvette-powered 580-horsepower ZL1 model.

The response from Ford is predictable and formidable. As of right now you can order a 2013 Mustang-based Shelby GT500 with a cranium-snapping 662-horsepower. The extra 112-horse punch is delivered by a new supercharged 5.8-litre V8 that replaces the previous 550-horsepower 5.4-litre thoroughbred. Carroll Shelby, who died May 11 at age 89, has his name on the most powerful production Mustang of all time.

In fact, the non-partisan Society of Automotive Engineers determined that the new GT500 has the world's most potent production-spec V8, giving Ford significant bragging rights while it awaits Chevy's response. Where it will eventually wind up is anyone's guess, but for now enthusiasts from Comox to Come By Chance are predictably in awe of the power parade.



The GT500's new supercharged 5.8-litre V8 belts out 662 horsepower. Ford proclaims it's the most powerful production V8 on the market.



The tail lights of the 2013 Mustangs are looped with LED "ropes".

By comparison



1 Chevrolet Camaro
Base price: \$29,500



2 Dodge Challenger
Base price: \$28,500



3 Hyundai Genesis Coupe
Base price: \$26,500

5 DRIVE

Top Gear

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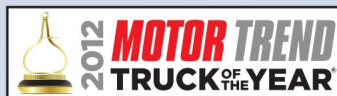
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Azera offered slice of value and luxury

Second Gear.

2006 to 2009
Hyundai Azera

JUSTIN
PRITCHARD
Drive@metronews.ca

Intended as a budget-minded luxury sedan to compete with the Toyota Solara, Lincoln MKZ and Chrysler 300, Hyundai's Azera was available in its last generation from model years 2006 to 2009 inclusive.

Bringing Hyundai's reputation for value into the luxury sedan scene, it featured automatic climate control, a rear seat sunshade, power leather heated seats, adjustable pedals, rain-sensing wipers, and an in-dash CD-changer.

Common Issues


Numerous drivers have reported alignment issues and short life from the factory tires. A full check of the front suspension, especially on earlier models, is advised — as is a check for signs of alignment problems. Inspect the Azera's dashboard for signs of cracking, especially around the passenger front airbag. Numerous reports of cracked dashboards have surfaced online. A similarly common problem is the rear sunshade. Ensure this motorized accessory works as expected.

Other issues deal with various interior accessories, door locks and door handles. End of the day, shoppers are advised to scrutinize their potential used Azera for signs of defect-ive or broken accessories.




TORSTAR NEWS SERVICE

Engine

 Under the hood, a 3.8-litre V6 teamed up with a five-speed automatic transmission sent 263 horsepower to the front wheels. No other engines or transmissions were available.

What Owners Like

 Overall value, spaciousness, styling, ride quality and luxury bang-for-the-buck were highly rated attributes of the Azera. Owners also rate the stereo, performance, trunk size and fit and finish highly.

What Owners Dislike

 Complaints dealt with seat comfort, some squeaks and rattles as the car ages, poor night time interior illumination and a small trunk opening.

Verdict

Though some issues are present, the Azera's driveline looks solid and worry-free. A healthy Azera with a mechanical thumbs-up should provide a luxurious driving experience for shoppers on a budget.

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Les and Colleen Harnish and brother Chris
of Cow Bay are proud to announce the
graduation of their daughter Amanda. She
is the granddaughter of Bill and Norma
Lindsay of Eastern Passage. Amanda has
received her Bachelor of Science in Nursing
degree from Dalhousie University on May
28, 2012. She has accepted a placement at
the QEII Halifax Infirmary site on the
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• 4 tires 215/55/R16 All Season Ex Con • Chesterfield with hide a bed Ex Con (902)453-0776	Coffee Table 3yrs old 26 by 24 4 drawers Plus Spider Lamp \$75 OBO for Both 902-406-2856	Joe Rocket Pants and Jacket (Sports Bike Style) BLACK Ladies Fits 10 to 12 Lined. Hardly worn. Will sell for \$600 902-462-2851	Matching Antique Settee and Chair Rose Color \$399 Antique Grape Chair Cranberry color \$199 (902)462-0202	Small 10 inch color TV good condition \$25.00 902-445-5506/219-2830	WINTER FLOOR MATS for 2010 Ford Explorer Sports - Trac Mint condition. Retail for \$115 Asking \$75.00 902-435-5255

Crossword

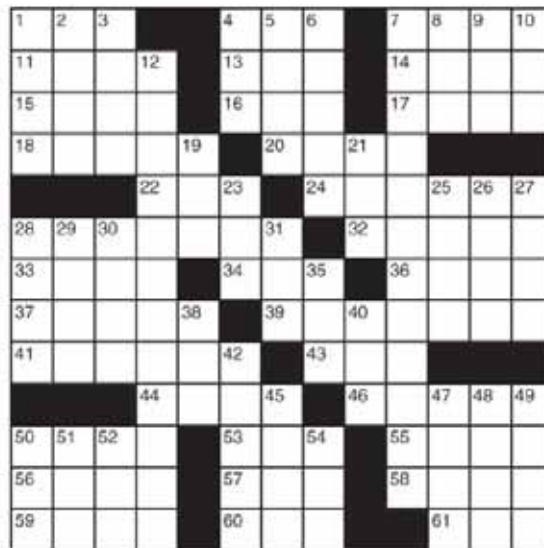
Across

- 1 Ottoman official
- 4 Braying beast
- 7 Prejudice
- 11 "No ifs, ands, or —"
- 13 Spot on a domino
- 14 Aware of
- 15 Cornfield invader
- 16 — out a living
- 17 Individuals
- 18 Plant of the cashew family
- 20 Sentry's call
- 22 Wrigley product
- 24 Touchtone feature
- 28 No purebred
- 32 Isolated
- 33 Author James
- 34 Paving gunk
- 36 Greek vowel
- 37 Startle
- 39 Arrested
- 41 Liverpool's river
- 43 Luau side dish
- 44 Tiny branch
- 46 Medication measures
- 50 Leslie Caron role
- 53 Sprite
- 55 Troop group
- 56 Leif's father
- 57 Appomattox surrenderer
- 58 Ganges garment
- 59 Halloween face

- 60 Morning moisture
- 61 Apiece

Down

- 1 Basic learning
- 2 Mentor
- 3 Fermi's bit
- 4 Mimic
- 5 Monotheist of India
- 6 Orate
- 7 Destiny's Child song
- 8 Hostel
- 9 Noshed
- 10 "Mayday!"
- 12 Boastful officer's wand
- 19 Scoundrel
- 21 Meadow
- 23 Encountered
- 25 Milne bruin
- 26 Initial stake
- 27 Out of play
- 28 Sir's counterpart
- 29 Coquettish glance
- 30 In the neighbour-hood
- 31 Once around the track
- 35 Sartorial woe
- 38 Kitten's comment
- 40 Affirmative action?
- 42 Relinquish



- 45 Merriment
- 47 Break suddenly
- 48 Green land
- 49 Mix

- 50 Jewel
- 51 Savings acronym
- 52 USO audience
- 54 A handful

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

QH G UIV QY KCYFQEU SQY
OGKC HCCF PE G OGKKPPL
YCGF VPI LQUSF HQEM
VPIKYCAH G FPCM YFPPA.
Yesterday's Cryptoquip: POSING SOPRANO
SILLS HAD MARRIED SINGER DON OR PHIL.
SHE'D BE NAMED BEVERLY EVERLY.
Today's Cryptoquip Clue: H equals F



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

4								9
	3		8	9	2		6	
	5						2	
		7	2		1	5		
	2						7	
		6	4		3	1		
	4						3	
	1		6	4	7		5	
9								4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	9	4	5	3	6	1	2	7
6	2	7	1	4	9	3	5	8
5	1	3	2	8	7	6	4	9
9	8	1	3	6	4	2	7	5
2	3	6	8	7	5	4	9	1
4	7	5	9	1	2	8	6	3
1	5	2	4	9	3	7	8	6
3	6	9	7	2	8	5	1	4
7	4	8	6	5	1	9	3	2

Horoscope

♈ Aries | March 21 - April 20.

According to the planets you have been taking it easy and doing just enough to get by, but that must now change.

♉ Taurus | April 21 - May 21.

You may think you are a law unto yourself but even a Taurus has to toe the line occasionally and if you are smart you will tone down your act a bit over the next few days.

♊ Gemini | May 22 - June 20.

You will be pleasantly surprised how helpful people are today.

♋ Cancer | June 21 - July 22.

You may have some serious issues to deal with but that does not mean you cannot have fun.

♌ Leo | July 23 - Aug. 22.

Avoid petty arguments and focus your energy on things that really matter.

♍ Virgo | Aug. 23 - Sept. 22.

This will be one of those days when no matter how hard you try to get your head around what's going on you just can't make the connection.

♎ Libra | Sept. 23 - Oct. 22.

You need to be more adventurous. That applies to all areas of your life but especially to your work where you could miss out on a golden opportunity if you are afraid to take a risk.

♏ Scorpio | Oct. 23 - Nov. 21.

Try not to be so judgmental today. Remember that people are supposed to be different. Make an effort to get along with someone you would not usually want to hang out with.

♐ Sagittarius | Nov. 22 - Dec. 21.

You have serious duties to perform but you must also make time

for the lighter side of life.

♑ Capricorn | Dec. 22 - Jan. 20.

Things are rarely as bad as they seem, so throw yourself into a task you enjoy and before you know it you will have forgotten all about . . . well, whatever it was you were getting worked up about.

♒ Aquarius | Jan. 21 - Feb. 18.

You can sense that so much is possible. But don't get carried away, especially where romance is concerned. Head and heart must be balanced.

♓ Pisces | Feb. 19 - March 20.

Whatever good ideas you have today you are advised to do something with them quickly, because later in the week you may not have time to do them justice.

SALLY BROMPTON



Caption Contest

"Sweet ... I've always wanted a fascinator."

Tak

ANA VENEGAS/THE ORANGE COUNTY REGISTER/THE ASSOCIATED PRESS

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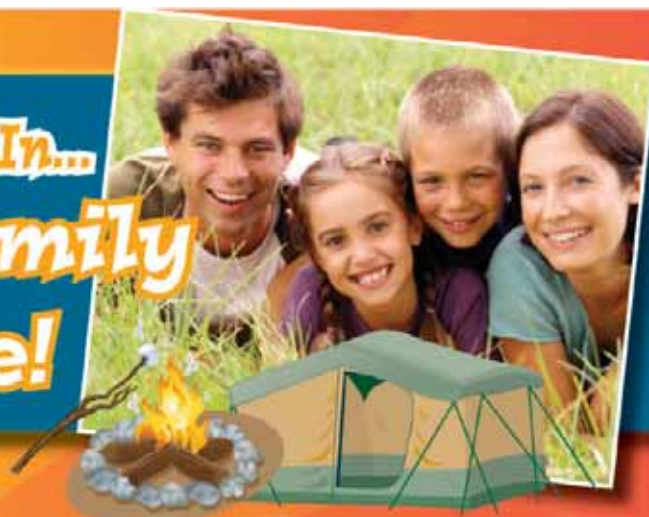
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- Steering Wheel Audio Controls
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- Roof Racks

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- Steering Wheel Mounted Audio Controls
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- Easy Clean Floor mats

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